



Egg Recipes

Compiled by the UFS



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*Inspiring excellence, transforming lives
through quality, impact, and care.*



Did you know?

Nutritional facts about eggs!

- Eggs are the best sources of choline in our diets. Choline is very important for brain health, because it is needed to produce a vital neurotransmitter (acetylcholine). This specific neurotransmitter is needed for memory, muscle control and helps to regulate your mood.
- Eggs are also excellent sources of protein and contain all the amino acids (the building blocks of protein) needed to make a protein in the body. These amino acids help to build new muscles for growth or repair tissue that has been injured.
- Other nutrients also found in eggs are vitamins and minerals. Vitamin B12, vitamin B2 (riboflavin), selenium and folate (vitamin B9). Vitamin B12 and folate are vital for preventing anaemia.
- Eggs contain healthy (HDL) cholesterol and helps to raise the levels of HDL in the body, which lowers the unhealthy (LDL) cholesterol levels. HDL cholesterol is necessary for heart health.
- The yolk (yellow part of the egg) provides vitamin D to the body. Vitamin D is very important for keeping your bones healthy and strong. Weak bones can easily break (fracture).
- Eggs also provide omega-3 fatty acids in the diet. Omega-3 fatty acids help to reduce the amount of inflammation in the body.

What you will need

Cooking Utensils





Sweetcorn Egg Fritters



Preparation Time
10 min



Cooking Time
20 min



Servings
4



Difficulty
Easy

INGREDIENTS

- 1 tablespoon sunflower oil
- 1 small onion, chopped
- 1 (125 g) red pepper, diced
- ¼ cup (60 g) self-raising flour
- 1 teaspoon paprika
- salt & pepper to taste
- 1 can (410 g) sweetcorn, drained
- 6 large eggs

Did you know?

Eggs are good sources of vitamin B2, vitamin B12, vitamin D, selenium & iodine.

Peppers are excellent sources of vitamin C and actually contain more vitamin C than oranges.

Sweetcorn is a great source of fibre and helps to keep one's digestive system healthy.

Eggs contain the 9 essential amino acids needed to build a protein in the body.

METHOD

1. Heat the oil in a small pan and fry the onion and pepper for 5 minutes until softened.
2. Meanwhile, mix the flour and spices.
3. Add the onions, pepper, corn, and eggs to the flour and spices, then mix well.
4. Spoon 2 heaped tablespoons for 1 fritter onto the pan and space each fritter well apart.
5. Cook until the edges are browned and flip the fritter over to cook the other side.
6. Place each fritter on a plate with a dish towel to absorb excess oil until all the batter has been cooked.

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Energy (kJ)	170 kJ
CHO (g)	3.7g
Protein (g)	2.6g
Fat (g)	1.7g

Cost per serving:

±R16,25

Date: 25 Feb 2025



Shakshuka Eggs



Preparation Time
10 min



Cooking Time
15 min



Servings
1



Difficulty
Medium

INGREDIENTS

- 1 tablespoon sunflower oil
- ¼ onion, diced
- ½ red pepper, diced
- 1 garlic clove, chopped
- 1 teaspoon paprika
- 1 teaspoon cumin
- ½ can tomatoes
- salt & pepper to taste
- 2 eggs

Did you know?

You can use differently coloured peppers for added flavour if you have some on hand.

Peppers contain more vitamin C than oranges!

Tomatoes contain lycopene, which is a pigment that gives tomatoes the red colour. Lycopene is an antioxidant, which helps to prevent disease.

Sunflower oil is a good source of vitamin E, which is also an antioxidant.

METHOD

1. Heat oil in a large pan.
2. Fry the onion, peppers and garlic until soft.
3. Add paprika and cumin. Fry for 1 minute.
4. Stir together and add the canned tomatoes.
5. Leave to cook for 5 minutes.
6. Crack the eggs into the tomato sauce, cover with a lid. Cook the eggs according to your preference.
7. Season the eggs with salt and pepper. Serve with toasted wholewheat or brown bread.

Per Serving:

Energy (kJ)	880 kJ
CHO (g)	14,6 g
Protein (g)	12,1 g
Fat (g)	11,5 g

Cost per serving:

±R35,31

Date: 24 Feb 2025



Chicken-Egg Rice Stir fry



Preparation Time
10 min



Cooking Time
15 min



Servings
4



Difficulty
Easy

INGREDIENTS

- 2 tablespoons sunflower oil
- 2 cups cooked rice (400 g)
- 1 cup/bowl leftover chicken (pieces/ shredded)
- 1 cup mixed vegetables (frozen/canned/ leftover cooked mixed vegetables)
- 1 pepper (any colour), chopped
- 3 cloves garlic (crushed or minced)
- 2 medium eggs
- 1 tablespoon Worcestershire sauce

Did you know?

Eggs are high in protein, vitamin B12 & vitamin D.

Worcestershire sauce contains vitamin B6, which helps with keeping your immune system strong.

Did you know that chicken contains a lot of iron, and vegetables (peppers, broccoli) contain a lot of vitamin C, and that combining iron and vitamin C increases absorption?

METHOD

1. Heat the oil in a pot or deep pan over medium heat.
2. Cook the rice, shredded chicken, mixed vegetables and red pepper in the heated oil until everything is warmed through.
3. Add the garlic.
4. Add the garlic and stir fry for 1 more minute.
5. Crack the eggs into a bowl and whisk lightly with a fork.
6. Make a well in the middle of the mixture in the pan, and pour in the whisk eggs.
7. Cook for 30 seconds, then mix the rice mixture and eggs.
8. Continue frying, until you start to see crispy brown bits.
9. Add the Worcestershire sauce.
10. Serve and enjoy!

Per Serving:

Energy (kJ)	277 kJ
CHO (g)	6,3 g
Protein (g)	4,3 g
Fat (g)	2,6 g

Cost per serving:

±R12,57

Date: 25 Feb 2025



Microwave Scrambled Eggs



Preparation Time
1 min



Cooking Time
3 min



Servings
1



Difficulty
Easy

INGREDIENTS

- 2 eggs
- 2 tablespoons milk
- 1 slice wholewheat bread or toast

Per Serving:

Energy (kJ)	829 kJ
CHO (g)	18,9 g
Protein (g)	11,8 g
Fat (g)	8,3 g

Cost per serving:

±R5,00
Date: 25 Feb 2025

Did you know?

Eggs are high in protein, vitamin B12 & vitamin D.

Milk contains calcium, which is very important for bone health. Drink 2-3 glasses of milk per day to prevent your bones from becoming weak when you are older.

Toasting your bread lowers the GI of the bread.

METHOD

1. Crack the eggs in a microwave-safe dish.
2. Add milk and salt to the eggs.
3. Use a fork to mix the eggs, milk and salt.
4. Cook in the microwave on High for 30 seconds.
5. Mix the eggs with a fork again, and return to the microwave for another 30 seconds.
6. Beat again, breaking up any lumps of egg.
7. Microwave for another 15 seconds, then mix again; the eggs will be loose at this stage, so serve them straightaway if this is how you like them.
7. If you prefer your eggs a little firmer, microwave for a further 15 seconds, then serve.
8. Serve with a slice of wholewheat bread or toast.

Easy Omelette



Preparation Time
5 min



Cooking Time
5 min



Servings
1



Difficulty
Medium

INGREDIENTS

- 4 tablespoon sunflower oil
- ¼ onion
- ½ fresh tomato
- 2 eggs
- 1 teaspoon water
- salt and pepper to taste
- 30 gr grated cheese (optional)

Did you know?

Sunflower oil is a good source of vitamin E, which is an antioxidant and helps to strengthen the immunity.

	Per Serving:
Energy (kJ)	724 kJ
CHO (g)	3,8 g
Protein (g)	12,2 g
Fat (g)	12,2 g

Cost per serving:

±R15,80
Date: 25 Feb 2025

METHOD

1. Fry the onion and tomato in a pan over medium heat with 2 tbs oil.
2. Set the filling aside.
3. Next, in a medium-sized mixing bowl, whisk the eggs with 1 teaspoon of water and a pinch of salt until they are light and fluffy.
4. Add another 2 tbs. oil to the pan again, and adjust the heat to medium-low.
5. When the pan is warm, pour the egg mixture into an even layer; turn the heat to low and let it settle to cook.
6. Use a spatula to gently push the edges in to allow the egg mixture to fill the outside corners as it cooks for 2-3 minutes.
7. Then, when you see the edges are looking cooked and the top is wet but not runny, add your filling to the centre (adding cheese is optional in this step).
8. Use a spatula to gently flip the edges over the filling.
9. Transfer your scrumptious, easy omelette to a plate and pair with a slice of wholewheat bread.



Boiled Egg Mayo Sandwich



Preparation Time
10 min



Cooking Time
0 min



Servings
1



Difficulty
Easy

INGREDIENTS

- 3 hard-boiled eggs
- ¼ onion, finely chopped
- 1 garlic clove
- 3 tablespoons mayonnaise
- 1 tsp mustard
- 1 tsp chilli flakes (optional)
- salt and pepper to taste
- 4 slices whole wheat/brown bread

METHOD

1. Chop the hard-boiled eggs to bite-sized pieces and add to a mixing bowl.
2. Add all the other ingredients and mix gently.
3. Add the mustard, chilli flakes, salt and pepper.
4. Serve the egg salad between two slices of wholewheat/brown bread (or in a wrap).

Did you know?

Hard-boiled eggs are good sources of vitamin A, which is very important for maintaining good sight and eye health.

Chili flakes helps to reduce inflammation and improves digestion.

Did you know that wholegrain bread is high in fibre, which is good for your microbiome, keeps your blood sugar stable and helps you feel fuller longer after eating?

Per Serving:	
Energy (kJ)	1867 kJ
CHO (g)	54 g
Protein (g)	17,8 g
Fat (g)	17,6 g

Cost per serving:

±R20,74

Date: 25 Feb 2025